



# Life Jackets Save Lives!

## Play It Safe Around the Water This Summer

### Life Jackets Float...People Don't

- It takes less than 3 minutes for a child to drown
- Drowning can happen quietly
- In 2000, 124 California children ages 15 and under died of drowning/submersion (California Department of Health Services)
- Low income children are at greatest risk from non-swimming pool drownings (National Safe Kids Coalition)
- Drownings can happen along waterways, home swimming pools, bathtubs, and even buckets
- Typical medical costs for a near-drowning victim can range from \$75,000 for initial emergency room treatment to \$180,000 a year for long-term care (National Safe Kids Coalition)



### Drownings and Near-Drownings Can Be Prevented!

- Always wear a U.S. Coast Guard approved Personal Floatation Device (PFD) when on a boat, near open bodies of water or when participating in water sports. Air-filled swimming aids such as "water wings" are not considered safety devices and are not substitutes for PFDs.
- Never leave a child unsupervised around water. Do not rely solely on a PFD or swimming lessons to protect a child. They are no substitute for adult supervision.
- Talk with your older kids about staying away from creeks, rivers, canals, or other waterways without proper protection or adult supervision. Impromptu swimming holes or other "hang-outs" along the water can be isolated and dangerous.
- If you are headed to a local waterway for the day or the weekend and need a life jacket, check with your local Fire Department to ask about a loaner life jacket through the life jacket loan-out program. **Elk Grove residents can check out youth and adult sized PFDs from Fire Station 71 (8760 Elk Grove Blvd.)**

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